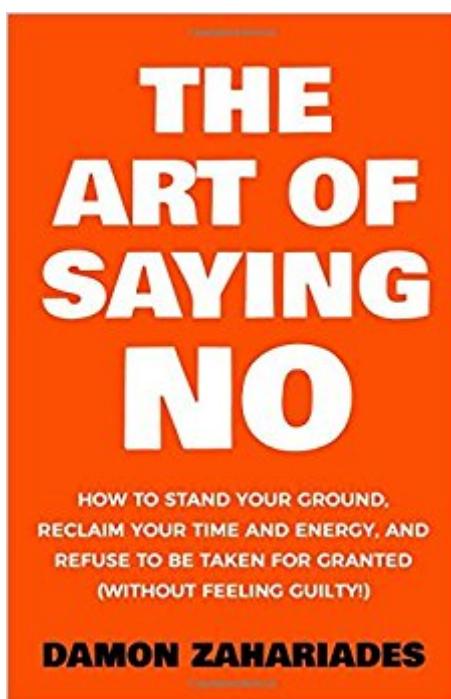


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# The Art Of Saying NO: How To Stand Your Ground, Reclaim Your Time And Energy, And Refuse To Be Taken For Granted (Without Feeling Guilty!)



## Synopsis

Stop Being A People Pleaser! Learn How To Set Boundaries And Say NO - Without Feeling Guilty!

Are you fed up with people taking advantage of you? Are you tired of coworkers, friends, and family members demanding your time and expecting you to give it to them? If so, THE ART OF SAYING NO is for you. Imagine being able to turn down requests and decline invitations with confidence and poise. Imagine saying no to people asking you for favors, and inspiring their respect in the process.

BUY The Art Of Saying NO: How To Stand Your Ground, Reclaim Your Time And Energy, And Refuse To Be Taken For Granted (Without Feeling Guilty!) bestselling author, Damon Zahariades, provides a step-by-step, strategic guide for setting boundaries and developing the assertiveness you need to maintain them. You'll learn how to say no in every situation, at home and in the workplace, according to your convictions. And best of all, you'll discover how to get your friends, family members, bosses, coworkers, and neighbors to respect your boundaries and recognize your personal authority. In THE ART OF SAYING NO, you'll discover: my personal struggle with being a people pleaser (and how I overcame the habit!) the top 11 reasons we tend to say yes when we know we should say no 10 simple strategies for turning people down with finesse why saying no to people doesn't make you a bad person (the opposite is true!) the best way to develop the habit of setting personal and professional boundaries how to know whether you're a people pleaser (and how to gauge the severity of the problem) PLUS, BONUS MATERIAL: dedicated sections on saying no to your spouse, kids, friends, neighbors, coworkers, clients, bosses, and even strangers! If you're sick and tired of being taken for granted, grab your copy of THE ART OF SAYING NO today! Start taking control of your life by learning how to say that simple, beautiful word: "No." Scroll to the top of the page and click the "BUY NOW" button!

## Book Information

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## Customer Reviews

"Saying NO" is not an easy topic because saying no to others may create a conflict within your value system. However, to make sure that value system is constructive of your personal development, you often have to say no. That is why "saying NO" goes beyond the best technique and reveals itself as an Art. What Damon does is a masterpiece work on the several ways of approaching this art with excellence, kindness, assertiveness, in the most simple, easy to follow and practical way. What I found most curious is that saying NO is sometimes the best way of saying YES. However, you must read the book to understand what this means.

The two-letter word "NO" is very easy to say this is what the general perception about this word but in reality, it is far from truth. At various situations, this two-letter word remains unpronounced or pronounced in a wrong way results in losing opportunities, performance etc. Think about the word "NO" with little extra attention we really realise that it is very important to learn to use this word so that we can achieve our goals, retain our relations etc. It is a kind of skill and can be learnt to use wisely, if learnt to use wisely we can minimise the conflict that can arise on our surroundings like home, office, public places etc. Yes all of us have to learn the art of saying "NO" without any clashes, hence I have read the latest release "The Art of Saying No" by author Damon Zahariades. Yes the author has explained very beautifully how we have to ascertain before using the word with examples which are very vivid in our day to day life, he has made it clear it is an art and can be learnt with little extra effort so that all of us can save our time and energy. There are 10 strategies for saying NO are explained very neatly and precisely so that one can read and implement immediately. I strongly suggest to professionals who care for goals, persons who care of relations / friendship and also others who are guilty of saying NO, grab a copy of "The Art Of Saying NO" by Damon Zahariades. Read and master the art of saying NO to save yourself from conflicts otherwise which may impede your achievement or peace of mind.

Quick easy read. Well written. Explores the reasons why we feel like we have to say yes and gives

you the tools to learn to say no. "The best way to help people over the long run is to ensure your needs are met first." This is something I definitely struggle with and this book has given me tools to learn to say no and make sure my needs are met first. There is even a short quiz in the book to see how much of a "people pleaser" you are. I found my results to be right on the money.

Quick read, full of useful tips on learning to say no without the accompanying guilt. As a recovering "people pleaser" I found the information very helpful in trying to be more assertive. If you think saying yes all the time is doing you no harm, think again, and read this book.

In a lot of books about self- or timemanagement there's the advice: "Learn to say no more often". But in most cases this topic gets merely very little space in such books - the reader is often left alone with the advice itself. Damon instead devotes his whole new book about this single and extremely important topic and shows, that it is more an art than a skill to say no the right way. In his typical style the author first covers the underlying basic and mechanisms, why we say yes to often and why we struggle to say no so much. Then he gives 10 strategies how to say no with confidence, without being aggressive or rude. And in additional bonus chapters he shows these strategies in action for different counterparts (e.g. how to say no to your boss, spouse, clients, etc.) - very, very helpful and actionable. I highly recommend this book to everyone, who struggles with too little time for her-/himself and to much time devoted to other.

Clear, well-thought out book about the reasons some people find it difficult to say no, along with practical strategies to help develop assertiveness. I like his take on assertiveness as "candid communication." I plan to try out a couple of the strategies the next time I find myself wanting to say no, but veer toward saying yes because I don't want to offend someone.

This is an excellent book, looking at all the reasons why it can be hard to say 'no', the consequences of failing to do so for your own productivity and well-being, and giving really useful strategies for overcoming these. It's also extremely thorough, looking at a range of situations (saying no to work colleagues, boss, family etc.) and adapting methods for these. All in a very readable, honest style in which the author confesses the problems he's had doing this, and sharing his hard-earned knowledge. Amazingly good value. I run courses on assertiveness and personal

development, and have recommended this book to several of my clients.

Wow! Finally I have some freedom around being able to say NO. I found Part III to be particularly useful. There are a lot of specific strategies you can use to say no so that you don't feel guilty and the other party is not offended. And in practicing saying no, I've begun to see that me saying yes to someone's request is not always the best solution to their problem. Learning to say no seems like such a small thing, but it's really made a huge difference in my life.

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